

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



★ OCT 16

U. S. Department of Agriculture

1.9  
In 3Hh  
Housekeepers' Chat

Release Tuesday, October 21, 1930.

NOT FOR PUBLICATION

Subject: "Weight and Health." Approved by Bureau of Home Economics, U. S. D. A. Recipe for Tomato Juice Cocktail from Bureau of Home Economics. "Weight and Health" from New York State College of Home Economics.

Bulletins available: "Good Proportions in the Diet," "A Guide to Good Meals for the Junior Homemaker."

- - -

The other day I went to see my friend Isabella. And where do you think I found her? In bed!

"What does this mean?" I asked. "You, of all people, to be in bed at this time of the day!"

"Yes," murmured Isabella. "I even called a doctor, Aunt Sammy. For the first time in my life, I called a doctor!"

"How did he diagnose your case?" I asked. "Did he tell you, as all your friends have, to eat more food?"

"Yes," said Isabella. "He told me that I was anemic, many pounds under weight. That if I should get the grip or pneumonia, it would go hard with me."

"What did he tell you to eat?" I asked. "Eggs and milk?"

"Yes," said Isabella. "Eggs and milk -- all those healthful foods I know I should eat, but don't. Aunt Sammy, while you're here, will you mix an egg drink for me? Beat two raw eggs, put them in a glass of milk, add a little cinnamon, stir it up -- and then see if you can make me drink it!"

I made the drink according to Isabella's directions, and then I tried to make her drink it. She took one taste -- and what a face she made! Worse than a child!

"All right," I said severely. "If you'd rather be an invalid, and take seven different kinds of pills, just go ahead and be one. Every week you can have your name in the paper: 'Miss Isabella Morton of Four Corners is still on the sick-list.' All your friends will come to see you, and sympathize, and compare notes on how much sicker they were than you are. You'll have to listen to all their symptoms, and tell all yours. Of course, after





a few years, you may come to enjoy it."

I put on my hat, and started toward the door.

"Stay!" said Isabella. "Give me that glass of milk and eggs. I'll drink it. I'll get well if it kills me!"

She drained the glass to the last drop. "Not so bad," she murmured.

"Good!" I said. "Now will you promise to eat a hearty breakfast, every morning?"

"Yes," said Isabella. "Eggs, milk, liver, orange juice, tomato juice, hot cereals, plenty of fruits and vegetables --."

"Not so fast," I interrupted her. "Those are all good foods, but you needn't put every one of them on the breakfast table."

-- --

After I left Isabella, I went home to plan a radio talk. I looked over my correspondence, to see what questions had come in during my absence. Here's a good letter for tomorrow's program. Here's a request for a Tomato Cocktail-- a very good cocktail that -- full of vitamins.

And here, among the questions, on a piece of tomato-colored paper, a little sermon about "Weight and Health." Just the thing for Isabella. She may not take my advice seriously, because I'm a personal friend, but I know she will hearken to this sermonette from a nutritionist. Perhaps you'll like to hear it, before I send it to Isabella:

"The woman of normal weight has an advantage, both in appearance and health, over her sisters who are too stout or too thin. The overweight person has difficulty in buying clothes, and in dressing well; she is likely to be uncomfortable, inclined to be anemic and to have lowered resistance, and little reserve strength; the thin person may suffer from digestive difficulties, caused by a lack of the necessary protective covering of fat, or she may be nervous and easily upset.

"The best remedy for both overweight and underweight is correct diet. To reduce weight safely, effectively, and comfortably, it is necessary to do more than merely follow a light diet. The danger of some light diets is that the body runs short of minerals and vitamins which are necessary for health. The correct diet for the overweight person should include fruits, vegetables, eggs, milk and other foods which supply substances the body needs

"The underweight woman"-- (this is for Isabella)-- "The underweight woman who is anxious to gain weight starts out resolutely to cultivate a larger appetite, to eat foods containing body essentials as well as high-calorie foods.

"For either heavy or light persons, the rules of wholesome living should include emphasis on sleep, rest, and fresh air."

-- -- -- --

There, I shall send this tomato-colored sermon to Isabella, and I shall



underline this sentence: "For either heavy or light persons, the rules of wholesome living should include emphasis on sleep, rest, and fresh air." And the next time she talks about getting six hours of sleep a night, on account of doing extra work, I shall tell her what I think of her, in no uncertain terms.

Now where's our Tomato Cocktail? I asked the Menu Specialist to send me the Recipe Lady's own original recipe, because it's so rich and good. Here it is. No wonder it's good -- a whole quart of canned tomatoes, with celery, green pepper, onion, horseradish, and tomato catsup.

Have you ever served a Tomato Cocktail, as the first course at dinner, or a hearty luncheon? It's a very popular custom right now. Let's write the recipe today, and try it out on the family this week, and include it in our Sunday dinner. I'll ask the Menu Specialist to give us a Tomato Cocktail as the first course on Sunday. We'll serve it in small glasses, with a crinkly leaf of parsley as a garnish. Maybe we'll pass a plate of thin, crisp crackers, with the cocktail course.

Here are the seven ingredients, for the Tomato Cocktail:

1 quart canned tomatoes	1 teaspoon onion pulp
2 stalks celery, chopped	1 teaspoon horseradish, and
1/2 green pepper, chopped	2 tablespoons tomato catsup.
1-1/2 teaspoons salt	

Seven ingredients, for the Tomato Cocktail: (Repeat).

Boil the tomatoes, celery, pepper, and salt, for about five minutes. Then rub through a sieve fine enough to keep back the seeds. To the tomato juice and pulp add the catsup, onion, and horseradish. Stir well. Put in a cold place to chill. Beat before serving. Pour into small glasses, and use as the first course at dinner or a hearty luncheon.

That's all. Perhaps I should have added that a Tomato Cocktail is a splendid appetite stimulator, because of the flavor, and because of the Vitamin B it contains. I think I'll send a copy of this recipe to Isabella. I might as well send her a radio cookbook, too. What else can I include, for a person who wants to regain her normal weight? There's a bulletin on "Good Proportions in the Diet," and another on "A Guide to Good Meals for the Junior Homemaker."

All that for Isabella, and I hope she appreciates our interest in her case.

Tomorrow we'll have another menu, for children, and I'll read you an interesting letter which has just arrived.

Wednesday: "Should Children Be Paid for Home Duties?"

